

**Claims:**

**What I claim is:**

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1. The method of providing vibrations to human or an animal comprising the steps:
    - A. Providing a wave generation device;
    - B. Actuating said wave generation device to produce a vibratory signal adjacent to said body; and
    - C. Varying the frequency of said signal to move the location of said signal from one part to another part of said body.
  2. The method of claim 1 wherein said frequency is selectively varied between 20 and 800 Hz.
  3. The method of claim 2 and including the step of varying the amplitude of said signal.
  4. The method of claim 3 wherein said amplitude is selectively varied between 0 and 120 decibels.
  5. The method of claim 4 and including a step of providing a rhythmic beat to the said signal.
  6. The method in claim 1 wherein said signal is in sine wave form.
  7. The method of claim 1 wherein step B includes producing multiple vibratory signals each adjacent a different area of said body, and step C includes varying the frequency of each of said vibratory signals to move the location of the signal from said one part to said another part of said area of the body.
  8. The method of Claim 7 wherein as said vibratory signals are non-synchronous and including the step of introducing a pause between said vibratory signals.